

Living My Best Life:

A resilience-oriented stress management intervention for Veterans with serious mental illness

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BACKGROUND

Individuals with schizophrenia spectrum disorders (SSDs) demonstrate:

↓
Resilience



Resilience

is associated with

Severity of
mental health symptoms



Treatments designed to increase resilience in individuals with SSDs are needed.

METHODS

11

Veterans (80% Veterans of color) from a Psychosocial Rehabilitation and Recovery Center

10

Structured group sessions designed to enhance resilience and stress management*

Veterans completed the Connor-Davidson Resilience Scale (CD-RISC) at pre-intervention* and reported weekly stress and resilience ratings each group session.



RESULTS



- Veteran ratings of resilience increased, while stress ratings remained consistent.

- Veterans demonstrated increased emotional literacy.

*Veterans did not complete session 10 or the post-CD-RISC due to COVID-19.

CONCLUSIONS

- Veterans built and used resilience resources outside of group.
- Even if stress does not decrease, Veterans can learn to manage it better through resilience.

